

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2010

Cheesy Zucchini Veggie Burritos Marinated Cucumber Salad Pasta Primavera Mix & Match Roasted Vegetables

Cheesy Zucchini

1 tablespoon margarine or butter
4 medium zucchini, sliced, or 3 cups eggplant, cut into bite-size pieces
¾ cup reduced-fat Monterey Jack cheese, shredded
Salt and pepper to taste

1. Melt margarine in a large frying pan over medium-high heat.
2. Add sliced zucchini and cook until tender-crisp, stirring frequently.
3. Sprinkle with cheese, salt and pepper.
4. Cover and cook over medium heat for 2 minutes or until cheese melts.

Nutrition Note: This recipe makes 6 servings. Each serving has 60 calories, 4.5 grams of fat, and 1 gram of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Practice smart vegetable storage.

Store in refrigerator in plastic bag

- About 1 week: broccoli, cabbage, carrots, cauliflower, peppers
- Use within 3 to 5 days: asparagus, green beans, lettuce, spinach, cucumbers, summer squash, sweet corn

Store in cool, dry place

- Onions, potatoes, pumpkin, winter squash (acorn, butternut)
- Tomatoes keep their flavor longer when stored stem-side down at room temperature.

(From ISU Extension Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/>)

Veggie Burritos

1 red pepper, sliced
1 zucchini, sliced
1 yellow squash, sliced
½ red onion, sliced
2 tablespoons olive oil
2 tablespoons any kind of vinaigrette dressing
1½ cups cooked brown rice
1 can (15-16 ounces) black beans, drained
8 whole wheat tortillas
8 ounces reduced-fat cheddar cheese, shredded



1. Toss vegetables, oil and dressing together. Cook in a basket or a pan made for grilling.
2. Cook on medium heat for about 10 minutes or until vegetables are tender-crisp.
3. Spoon some of the cooked vegetable mixture, rice, and black beans into each tortilla. Sprinkle with cheese, then roll up.

Note: The veggie part of the recipe can also work as a tasty side dish or can be used as a topping for homemade pizza.

Nutrition Note: This recipe makes 8 servings. Each serving has 320 calories, 10 grams of fat, and 42 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I chose to breastfeed because it is a wonderful bonding experience and it is best for baby. Breastfeeding is the best gift a mother could give her child."



~ Bridgette, Breastfeeding Mom from Turtle Mountain WIC

Marinated Cucumber Salad

2 large cucumbers, thinly sliced
⅓ cup minced green onions (about 4), including some green tops
¼ cup white vinegar or lemon juice
1 tablespoon white sugar
Salt and pepper



1. Combine all ingredients in a serving bowl; mix well.
2. Add salt and pepper to taste. Chill.

Recipe Source: San Antonio, Texas WIC Program

Nutrition Note: This recipe makes 4 servings. Each serving has 30 calories, 0 grams of fat, and 7 grams of carbohydrates.

Pasta Primavera

2 cups broccoli florets
2 cups sliced carrots
2 cups sliced zucchini
2 cups macaroni or spiral-shaped noodles, uncooked

Sauce:

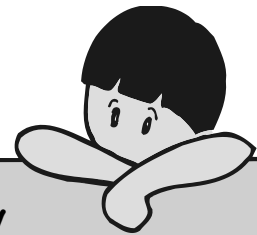
2 tablespoons butter or margarine
2 tablespoons flour
2 cups skim or 1% milk
½ teaspoon dried basil
¼ teaspoon black pepper
4 tablespoons parmesan cheese

1. Place broccoli and carrots in a steamer basket. Place the steamer basket in a saucepan filled with 1 inch of water. Bring the water to a boil. Cover saucepan and steam broccoli and carrots approximately 2 minutes.
2. Add zucchini and continue steaming all vegetables until tender-crisp, about 2-3 more minutes. (Note: If you do not have a steamer basket, place vegetables in a microwave-safe dish, along with 1 tablespoon water. Cook on high until vegetables are tender-crisp.)
3. Cook macaroni according to package directions.
4. In a small saucepan, melt butter and blend in flour.
5. Gradually stir in milk, basil and pepper. Cook over medium heat, stirring constantly until sauce thickens.
6. Remove from heat and blend in cheese.
7. Pour sauce over hot vegetables. Add macaroni to vegetables and mix together.

Nutrition Note: This recipe makes 4 servings. Each serving has 290 calories, 8 grams of fat, and 41 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children North Dakota Department of Health Division of Nutrition and Physical Activity 600 E. Boulevard Ave., Dept. 301 Bismarck, N.D. 58505-0200 800.472.2286, option 1



Turn Off the TV

Spread paper plates on the ground.
Pretend they are rocks in a stream.
Get from one side to the other without
stepping in the stream.

(From www.headstartbodystart.org)

Mix & Match Roasted Vegetables

Choose from: asparagus spears, bell peppers, broccoli spears, cauliflower, eggplant, green beans, mushrooms, zucchini, yellow summer squash

Vegetable oil or non-stick cooking spray

Salt and pepper

Parmesan cheese

1. Preheat oven to 450 degrees.
2. Choose any combination of vegetables from the ingredient list. Wash, remove tough ends and stems, and cut into 1-inch pieces.
3. Place vegetable pieces in a shallow baking pan. Drizzle lightly with oil and stir to coat, or spray with non-stick cooking spray.
4. Bake 10-15 minutes until vegetables are tender-crisp and lightly browned.
5. Sprinkle with salt, pepper and/or parmesan cheese to taste.

Recipe Source: Minnesota WIC Program

GROWING HAPPY FAMILIES



This is the time of year to enjoy garden fruits and vegetables.

Fruits and vegetables – fresh, frozen and canned – are nature’s most appetizing vitamin “pills.” Get your fruits and veggies the easy way: 2 servings at every meal plus 1 to 2 fruit or veggie snacks per day. From A to Z, the choices are endlessly delicious – from a snack of sliced apples to stir-fried zucchini for supper.

Kid's Page - Kid's Page - Kid's Page

Drop-and-Splat Painting

Try drop-and-splat painting as a messy but fun and easy outdoor activity for kids. Have your child put on old clothes when doing this activity since food coloring can stain.

Materials: plastic cups, water, food coloring, newspaper, rocks, straws, paper



1. Fill several plastic cups with water.
2. Add a few drops of food coloring to each cup to make different colors.
3. Place a sheet of newspaper or a large piece of paper on the ground outside.
You can put rocks on the corners to keep the paper in place.
4. Have your child do these next steps. Put a straw in a cup of colored water, and place his thumb or finger over the top end of the straw.
5. Lift the straw out of the cup and over the paper.
6. Release his finger from the straw end, so the colored water drops onto the paper.
7. Continue this process as your child creates a painting masterpiece.



Sand Clock

Materials: two paper cups, sharp pencil, sand or salt

1. Poke a pencil hole in the bottom of a paper cup.
2. Pour sand or salt into the cup and show your child how the sand runs through the hole into the other paper cup.
3. Explain to your child how you can measure time by counting how long it takes for all the sand to run out of one cup and into the other cup.
4. Use this sand clock to measure how long it takes your child to jump up and down, run in place, etc. before the sand runs out.
5. Variation: Use two pint size canning jars and punch a small hole in the top of each lid. Add sand or salt. Tape the two jars together and watch the sand move from one jar to the other.